# **NOVEMBER IS "GOOD NUTRITION MONTH!"**

As the holidays approach, thoughts start to shift toward gatherings, celebrations, special events, parties and so forth; and with good reason! Holidays are filled with family, friends and joyous cheer; of course we want to celebrate! Often, these celebrations influence the planning of meals, curriculum, activities, etc. in the child care setting. What a wonderful time to celebrate the holiday and the history behind the holiday!

While it is great to celebrate Thanksgiving and other holidays in traditional ways, remember that all food must be provided by the child care facility and not provided by parents. This ensures sanitary practices in handling of foods and temperature control and also keeps the child care facility in control of the quality of food that is provided. November is "Good Nutrition Month" and we would like to encourage all child care facilities to demonstrate best practices during the holiday season. By focusing on lean meat/meat alternates, fresh (and colorful!) produce, whole grain items and wholesome desserts in the menu, not only will the flavors of the season be expressed, but children will learn to adopt these healthful practices. Additionally, they may encourage their families to follow suit in their own holiday celebrations!

Here are some ideas that can be incorporated into the child care Thanksgiving celebrations. Check it out and think of the wonderful seasonal flavors (and aroma!) and educational fun these foods and activities will produce. Hope you enjoy!

#### THE TURKEY MEAL:

When preparing the turkey for the holiday meal, consider serving the <u>Harvest Delight</u> dish as one of the fruit/vegetable side dishes. Add flavorful garlicroasted green beans and <u>Whole Grain Bread Stuffing</u> and you have a created a wonderful season-inspired meal to help celebrate the holidays! As a bonus, place a cinnamon and/or nutmeg shaker on the table for the children to sprinkle on their milk as a festive treat.



#### A HOLIDAY SNACK ACTIVITY:

For snack, involve the children in a "build your own pumpkin parfait" classroom activity. The following recipe yields 24 servings for 3-5 year old children, meeting the meat/meat alternate and fruit/vegetable requirements for a snack meal. Serve the pumpkin, yogurt, apple cubes and graham cracker crumbles in individual dishes and children can create their own seasonal dessert!

- Combine the pumpkin puree and spices:
  - 6 cups pumpkin puree
  - 2 Tbsp brown sugar (optional, may use less or none at all!)
  - o 1 Tbsp cinnamon
  - o 1 Tbsp nutmeg
- 6 cups vanilla yogurt (use vanilla Greek yogurt for an added protein boost!)
- 6 cups cubed apples
- 3 cups crumbled graham crackers

Have children layer the pumpkin, yogurt and apple cubes to build a parfait. Top with graham cracker crumbles and enjoy!

#### **THANKSGIVING ACTIVITIES:**

In addition to serving a great holiday meal, there are several activities that can be incorporated into the holiday festivities (or into the curriculum!). Too often, the focus of holidays is placed on the food, but there are so many more (and fun!) ways to celebrate the holidays. This holiday season, lets incorporate some physical activities into the daily lesson plan. Here are some fun Thanksgiving activities that can be utilized within your child care setting:

#### • Go for a Nature Hike

### • Turn classic games into Thanksgiving fun:

- Turn "duck duck goose" into "chicken chicken turkey"
- Try "Tom Turkey Says" instead of "Simon Says"

#### • Turkey Walk:

- Play music of your choice and encourage children to move like... <u>BIG</u> turkeys, <u>Little</u> Turkeys, <u>Tired</u> Turkeys, <u>Happy</u> Turkeys, <u>Scared</u> turkeys, etc. Make it more interesting and fun by choosing music based on the movement you'd like to see!
- Have the children squawk, flap, wattle shake and peck to complete their turkey looks!

#### Do the Turkey Pokey:

 Instead of putting your right arm in and out, put your right wing in and out.
 Instead of shaking it all about, gobble it all about. Continue with your left wing, your drumsticks, your tail feathers and so on.

#### Turkey Treasure Hunt:

- Pick someone to be the leader.
- The leader hides cards (or stuffed lunch paper bags with a turkey face, see following art activity\*) decorated with turkeys around the room. When all the cards/bags are hidden, the children hunt for the "turkeys."
- When all the turkeys have been found, the child with the most turkeys is the winner and becomes the leader for the next round.

#### Paper Bag Turkeys\*

- Materials Needed: newspaper, white paper lunch bags, paint, feathers (real or paper), craft glue
- The children stuff their bags and you staple them closed.
- Let the children paint their turkey bags however they want. Glue on feathers.
- You can also add orange paper feet to the bottoms and googly eyes!

#### For more ideas:

See <a href="http://www.preschool-plan-it.com/preschool-thanksgiving-activities.html">http://www.preschool-plan-it.com/preschool-thanksgiving-activities.html</a>. This website has great Thanksgiving activities, from ideas for Circle Time to recipe activities that children can participate in (such as making homemade bread in a bag!).

# DID YOU KNOW?

By serving the meal and snack above, you'd be meeting some of the Eat Smart Guidelines!

- Meal: whole grain, fresh fruit/vegetable, bright orange fruit/vegetable
- Snack: meat/meat alternate, fresh fruit/vegetable, bright orange fruit/vegetable

Additionally, the shared activities provide great ideas for structured activities that can be incorporated into the child care daily lesson plans. These activities (and many more!) can be utilized within your child care settings to help you and your staff meet the Missouri MOve Smart Guidelines!

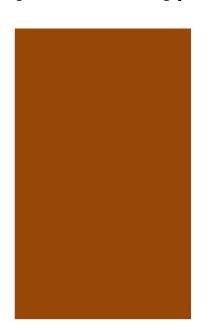
Check out the Missouri Eat Smart Guidelines and the Missouri MOve Smart Guidelines to learn more!



## **SUCCESS STORIES:**

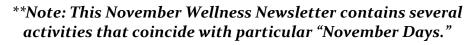
Have you had great successes in meeting the Missouri Eat Smart and Missouri MOve Smart Guidelines? Are you working towards the Guidelines and found a resource to be extremely beneficial for you and your staff? Do you have any tips to share on facilitating best practices (unstructured, structured and learning-integrated physical activities, family style meals, adult role modeling, etc.) within your child care setting? If so, we would love to hear from you! Email <a href="mailto:cacfp@health.mo.gov">cacfp@health.mo.gov</a> with your success story and you may be featured in a future Wellness Newsletter!

Become a Missouri Eat Smart Child Care and a Missouri MOve Smart Child Care today! Go to <a href="www.health.mo.gov/eatsmart">www.health.mo.gov/eatsmart</a> and <a href="www.health.mo.gov/movesmart">www.health.mo.gov/movesmart</a> to learn more, review the guidelines and to print out the applications! If you have questions about these programs, call 1-800-733-6251 or email <a href="cacfp@health.mo.gov">cacfp@health.mo.gov</a>. We will be more than happy to answer any questions and to help you reach your nutrition and physical activity goals for child care!



## **NOVEMBER DAYS:**

2- Deviled Egg Day
3- Sandwich Day
9- Cook Something Bold and Pungent
17- Homemade Bread Day\*\*
17- Take a Hike Day\*\*
23- Eat a Cranberry Day
25- National Parfait Day\*\*
1st week- National Fig Week
2nd Week- Split Pea Soup Week
National Peanut Butter Lovers Month
Sweet Potato Awareness Month\*\*
Good Nutrition Month\*\*
Thanksgiving\*\*
http://food.unl.edu/fnh/november



Incorporate activities into your lesson plans today!

